

Why Do I Get Nervous in Social Situations?

Many people feel anxious when they have to deal with other people. Figuring out why we're nervous in these situations is the first step in dealing with and overcoming our anxiety. Today, we'll discuss the reasons, symptoms, and best ways to deal with social anxiety.

What Causes Nervousness in Social Situations?

1. Fear of Judgment or Rejection

One of the main reasons we worry is the fear of being judged or rejected by others. This fear stems from both societal standards and personal doubts. When we worry about how other people see us, our anxiety levels rise, making even small talk seem difficult.

You may want to read: [Why Do I Get Nervous In Social Situations: Unlock Confidence](#)

2. Lack of Self-Confidence

Low self-esteem can make social nervousness worse. It's hard to interact with others confidently when we don't believe in our skills or feel like we're not good enough. This question in ourselves makes us nervous, which makes us doubt ourselves even more.

3. Past Negative Experiences

Bad or upsetting experiences can affect how we feel about social settings. For example, if we've been laughed at, embarrassed, or rejected before, our thoughts may connect social situations with possible harm, which can make us nervous.

4. Overthinking and Self-Criticism

It can make your anxiety worse to think about every word and movement you make in a social situation. We might be too hard on ourselves because we're afraid that others will be tough on us for any mistake we think we've made.

5. Biological and Genetic Factors

For some people, being [nervous in social settings](#) may be caused by their biology or genes. People who have a family background of anxiety disorders may be more likely to boost social anxiety themselves.

Recognizing the Symptoms of Social Nervousness

Knowing the mental and physical signs of social anxiety can help us figure out what's wrong and fix it. Some common signs are

- Physical Symptoms: Sweating, rapid heartbeat, dry mouth, trembling, or nausea.
- Emotional Symptoms: Extreme fear, self-consciousness, or a sense of approaching catastrophe.

